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ABSTRACT

This publication consists of the text and appendix of two recommendations adopted by the Committee of Ministers of the Council of Europe. Recommendation No. R (95) 16, presented by the Committee of Ministers to Member States on Young People and Sport, recommends that the governments of members states draw inspiration from the principles and ideas set out in a "European Manifesto on Young People and Sport" when framing and implementing policies and activities in the area of youth and sport in their representative countries. The manifesto, included in the appendix to the recommendation, is designed to foster policies that encourage young people to develop positive attitudes towards participation in sports and physical activity in accordance with the European Sports Charter and the European Code of Ethics. The aims of the charter and code of ethics, definitions, the scope of participation in sports, the role of the family and schools, lifelong involvement, content of programs, leadership, facilities and equipment, and resources are described. Recommendation No. R (95) 17 of the Committee of Ministers to Members States on the Significance of Sport for Society recommends that the governments of member states, in conjunction with the competent public authorities and autonomous sports associations, and in accordance with the European Sports Charter, frame national policies and strategies which foster the development of sport, encourage people of all ages to take up a regular physical activity, and reinforce sport as a factor in social development, in compliance with the principles covering health, socialization, and economy set out in the appendix to the recommendation. (ND)

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Strasbourg, 24 October 1995
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Recommendation No R (95) 16 of the Committee of Ministers to Member States on Young People and Sport

Recommendation No R (95) 17 of the Committee of Ministers to Member States on the Significance of Sport for Society

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RECOMMENDATION No. R (95) 16

OF THE COMMITTEE OF MINISTERS TO MEMBER STATES

ON YOUNG PEOPLE AND SPORT

(Adopted by the Committee of Ministers on 12 October 1995 at the 545th meeting of the Ministers' Deputies)

The Committee of Ministers, in application of Article 15.*b* of the Statute of the Council of Europe,

Recalling the 1989 United Nation's Convention on the Rights of the Child, and referring to Articles 28, 29 and in particular Article 31 which provides among other things that States Parties recognise "the right of the child ... to engage in play and recreational activities appropriate to the age of the child" and encourage "the provision of appropriate and equal opportunities for ... recreational ... activity";

Referring to the European Sports Charter, and in particular to its Article 5, Building the Foundation, as well as to the Code of Sports Ethics which give specific guidance on how to conduct physical activities and sports with young people, and which were adopted by the Committee of Ministers as Recommendations No. R (92) 13 and No. R (92) 14;

Considering the importance of the development and balanced training of physical, intellectual, artistic and moral faculties for any person;

Stressing the contribution which education through sport can make to the fulfilment of the aims of the Vienna Declaration, to social integration, and to health improvement, to the building of character, to the understanding of ethics, to respect for the environment, and to cultural tolerance and international exchanges;

Recalling Committee of Ministers' Resolution (72) 30 on the Hygiene of Sports Installations and Recommendation No. R (87) 9 on the EUROFIT tests of physical fitness for young people of school age;

Considering that the proper provision by society of opportunities for all young people to take part in physical activities can not only encourage a constructive use of leisure time, but can also help fight some of society's problems such as intolerance, aimlessness, violence, alcohol abuse, illicit drug use, etc;

Concerned that the time allotted to physical education or other physical activities in general in the school system is often insufficient to enable the children to benefit, either for their physical development or their mental equilibrium, from the educational programmes that are provided, and that young people who are not involved in sport or physical activities have low levels of physical fitness;

Determined therefore to encourage in their own countries the building of new partnerships to enable young people to learn, create and express themselves through physical activities and sport;

Recalling the work done by other European organisations on youth and sport and acknowledging the unique and irreplaceable contribution of non-governmental sports organisations to providing opportunities for the practice of sport;

Having regard to the Resolution on the European Manifesto on young people and sport adopted by the 8th Conference of European Ministers responsible for Sport (Lisbon, 17-18 May 1995);

Anxious to follow up the principles set out in the above mentioned Resolution,

Recommends that the Governments of member States draw inspiration from the principles and ideas set out in the Manifesto appended to the present Recommendation when framing and implementing policies and activities in the area of youth and sport in their respective countries.

Appendix to Recommendation No. R (95)16

European Manifesto on Young People and Sport

Article 1
Aim

1 The aim of this Manifesto is to foster policies that encourage young people to develop positive attitudes towards participation in sport and physical activity in accordance with the European Sports Charter and the European Code of Ethics, and thus lay the foundation for their lifelong practice.

2 Society as a whole in co-operation with all partners concerned has a duty to provide young people with the opportunities for the achievement of this aim. To this end:

2.1 Public authorities, together with the sports organisations concerned, are responsible for providing the necessary leadership in the development and promotion of a sports policy for young people,

2.2 Public authorities at all levels have a responsibility to contribute to the range of opportunities through appropriate legislative or regulatory frameworks, financial support, the provision of facilities and any other appropriate measure.

Article 2
Definitions

1 The European Sports Charter defines sport as "all forms of physical activity which, through casual or organised participation, aim at expressing or improving physical fitness and mental well-being and forming social relationships, or obtaining results in competition at all levels".

2 The notion of sport in this Manifesto is based on the ideals of humanism and tolerance which characterise the Council of Europe. For young people, physical activity is a natural form of movement involving challenge and enjoyment based on play. For the purpose of this Manifesto, the term young people covers all individuals considered as minors under the national legislation of each member State of the Council of Europe.

Article 3
Scope

1 Sport in all its forms shall be accessible to all young people without any discrimination, offering both girls and boys equal opportunities, and taking account of any special requirements at different ages or of groups with special needs.

2 Participation in sport should aim in particular at

2.1 developing mental, physical and social qualities
2.2 understanding ethical values and fair-play, discipline and rules
2.3 respecting oneself and others, including minority groups
2.4 learning tolerance and responsibility, for instance organisational, as prerequisites for life in a democratic society,
2.5 learning self-control, gaining self-esteem and developing self-achievement
2.6 acquiring healthy life-styles.

3 The overall well-being of the young person comes before any other consideration (such as performance, prestige, commercial exploitation); while each should be helped to reach his or her potential safely, the roles of training and competition should be kept in due proportion.

Article 4
The foundation: families and schools

1 The home and family are the first unit of socialisation for children and have a unique role to play in encouraging them to develop an active and healthy life-style.

2 The school has the vital task of providing sound physical activity and sport so as to ensure a healthy balance between physical and intellectual activities. Sport can make a contribution to the quality of school life in general.

2.1 All young people should be able to receive physical education and acquire basic skills in sport and thus be encouraged, either within or outside the curriculum, to engage in sport or daily physical activity.

2.2 Schools should provide a safe and healthy environment for physical exercise and sport.

2.3 Schools should try to respond to acceptable new trends in sport when they have educational value and offer young people a wide range of possible outlets.

Article 5
Towards lifelong involvement

1 To ensure a progression into a lifelong involvement in physical activity and sport, the assistance of other partners is necessary and public authorities should encourage the creation of such partnerships.

2 Sports clubs and sports organisations including school sport associations play a vital role in providing opportunities for young people to improve their levels of performance through training and competitive events and in promoting and facilitating lifelong participation.

3 Other voluntary or community organisations provide a further important means of attracting the interest of young people towards sport.

4 Commercial organisations can also provide additional opportunities for young people to try a wide range of activities, thereby complementing those outlets provided by the statutory and voluntary sectors.

Article 6
Programmes

1 Appropriate and well-balanced programmes should be made available to provide opportunities for all young people to become involved in sport and physical activity. Programmes should aim at combining physiological and mental development with the acquisition of skills and values.

2 The range of programmes should reflect the needs and encourage the potential of all young people at various stages of growth and development and reflect their differing abilities.

3 Programmes should provide opportunities for exchanges between young people through sport.

Article 7
Leadership

1 All sports activities, inside or outside schools, should be led and directed by qualified and proficient leaders, teachers and coaches, whether they are working on a voluntary or professional basis. These, as well as the managers of sport facilities should be aware of their responsibilities and of the specific needs of young people.

2 Leaders should treat young people with respect, transmit them a message of tolerance and fairness, involve them in decision-making processes in respect of the organisation of their sports activities and encourage them to gain experience in leadership roles.

3 The competent authorities should take appropriate steps to ensure that these teachers, coaches, leaders and managers receive regular in-service training in addition to their initial training.

Article 8
Facilities and equipment

1 All schools should have the necessary and appropriate facilities and equipment for the practice of physical activities and sport.

2 Reciprocal and co-ordinated use of school and community facilities both indoor and outdoor should be promoted, with a view to maximising the use of public funds and facilitating contacts.

3 Use of and access to natural spaces and outdoor facilities, in both urban and rural areas, should be encouraged along with respect for the environment, to ensure sustainable use of such natural resources.

4 All young people should be able to have easy access to facilities and these should be suitable for use by those with disabilities or other special needs.

5 Planners, designers and managers of sport facilities should receive professional training and/or qualifications to enable them to respond to the needs and demands of young people.

Article 9
Resources

Governments should ensure that appropriate support and resources are made available from public funds and encourage involvement by the other partners for the attainment of the aims and purposes of this Manifesto.

RECOMMENDATION No. R (95) 17

OF THE COMMITTEE OF MINISTERS TO MEMBER STATES

ON THE SIGNIFICANCE OF SPORT FOR SOCIETY

(Adopted by the Committee of Ministers on 12 October 1995 at the 545th meeting of the Ministers' Deputies)

The Committee of Ministers, in application of Article 15.*b* of the Statute of the Council of Europe,

Considering the importance of sport in fostering good health and well-being in society;

Considering that sport provides girls and boys, and men and women with an environment conducive to education and the social development of the individual;

Aware of the growing role played by sport in the economies of European countries, to which it makes a substantial contribution;

Convinced that sport contributes to the implementation of the principles set forth in the Vienna Declaration adopted by the Heads of State and Government of the member States of the Council of Europe on 9 October 1993, notably with regard to tolerance;

Stressing that sport is a fully fledged partner in the social framework and therefore a key factor in public policy-making, particularly in the social, economic and health fields;

Having noted the Declaration on the significance of sport for society adopted by the 8th Conference of European Ministers responsible for Sport (Lisbon, 17-18 May 1995);

Anxious to follow up the principles set out in the above mentioned Declaration,

Recommends that the Governments of member States, in conjunction with the competent public authorities and autonomous sports associations, and in accordance with the European Sports Charter, frame national policies and strategies which foster the development of sport, encourage people of all ages to take up a regular physical activity and reinforce sport as a factor in social development, in compliance with the principles set out in the Appendix to the present Recommendation.

Appendix to Recommendation No. R (95) 17

Principles

1 Health

The widest health benefits of regular physical activity by the population are achieved by enhancing motivation and by expanding opportunities for physical activities at any age which can be practised by the largest numbers of people as part of their daily activities:

in any case, moderately intensive exercise for at least half an hour every day seems desirable for everyone;

the order of priority for support of different activities aiming at health benefits should be based on their efficacy, safety, equality of opportunities for participation and cost-effectiveness.

Higher priority should be given to finding and offering opportunities to motivated but sedentary or irregularly active people. They can be found and should be sought especially among people with limited opportunities or with restricted independence and freedom of choice. A longer term goal should be to motivate those at present lacking the will to exercise.

Measures should be taken to reduce the risk of injuries including, where appropriate, changes in the rules and practices of individual sports, improvements in the environment, education of all parties involved and better dissemination of information on effective prevention programmes and on measures leading to rapid recovery from injuries.

2 Socialisation

Higher priority should be given to providing possibilities for physical activities and sport for children and young people both at school and in leisure-time, in conditions enabling them to enjoy sport, to learn cooperative skills, to create a positive approach towards movement as an appropriate form of recreation and to get involved in decisions concerning their own activities The European Manifesto on Young People and Sport, adopted at the 8th Conference of European Ministers responsible for Sport (Lisbon, 17-18 May 1995), is a means to this end.

Due account should be taken of the potential of team games to encourage children to engage in various social roles and thus develop their ethical and social consciousness and their sense of responsibility in social relations.

Girls should have more opportunities to participate in and remain involved in sport.

The level and intensity of training and competition should be appropriate to the age and physical and mental development of the child. Those responsible for guiding children participating in top-level competition at an early age must make a point of ensuring that the stress of achievement and over-specialisation is minimised and ensure that they do not harm their physical, psychological or moral integrity.

Ethical values and fair play as embodied in the Code of Sports Ethics should be included in the development of all activities.

Training of teachers, coaches, trainers, instructors and leaders, should emphasise the cooperative skills and spontaneous activity of children and the development of a lifelong interest in sport.

Possibilities for valuable social contact through sports for the adult population at large as well as for groups with special needs should be promoted as emphasised in the Resolution on Tolerance and Sport adopted at the 8th Conference of European Ministers responsible for Sport (Lisbon, 17-18 May 1995). In this context, the irreplaceable role played by voluntary sports organisations should be recognised.

The strengthening of international sporting contacts at grass-roots level is an essential contribution to social co-operation and integration and peace.

3 Economy

Public authorities should ensure that they continue to hold primary responsibility for creating and maintaining the conditions for the development of sport as defined in the European Sports Charter. The economic impact of public investment in sport should be recognised and promoted.

The private sector should be encouraged to participate in creating these conditions.

In order to ensure that there are opportunities for all, a complementarity in public as well as private (including consumer and commercial) financing of sport should be maintained. Sports sponsorship has an important role to play in this.

Help should be available to sports with less media appeal, and thus unable to attract funding, in the interests of solidarity between sports.

Measures (such as tax relief) encouraging the voluntary involvement of individuals or groups have proven to be a cost-effective support for sport and should be promoted. Whilst taking due consideration of the importance of voluntary work, the creation of new jobs and further development of training for current and future employees in the sports sector should also be encouraged.